



# 2022 4th Quarter (Sept. 3 - Dec. 30)

## Class Schedule & Events

[www.amaa-usa.com](http://www.amaa-usa.com)

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2022 MDK Team & Vishal Kattoju (2023 AAU Jr. National Team member)

Oct. 29

**HALLOWEEN PARTY!**

Nov. 4, 5

**Picture Day!** (RSVP)

Dec. 5 - Dec. 10 **Belt Promotion Test**

Dec. 26 - Dec. 30 **WINTER BREAK SCHEDULE**

10 - 12 noon : MDK Team  
 4:30 - 5:30 pm : White, Yellow, Purple, Green  
 5:30 - 6:30 pm : Blue, Red, Brown and Black  
 6:30 - 8:00 pm : Adults & Teens (Above 13)

Program/Classes	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday
Trial Lesson	4:30 pm - 5:00 pm (RSVP)	5:30 pm - 6:00 (RSVP)	5:00 pm - 5:30 (RSVP)	RSVP
White/White +	5:20 pm - 6:00 pm (Floor B)	3:30 pm - 4:10 pm (Floor B)	3:30 pm - 4:00 pm (Floor A)	<b>Private (RSVP)</b> <b>MDK Poomsae &amp; Demo</b> <b>8:30 am - 10:30 am</b> <b>MDK Sparring</b> <b>10:30 am - 12:30 pm</b>
Yellow/Orange	4:30 pm - 5:15 pm (Floor A)	4:15 pm - 5:00 pm (Floor A)	3:30 pm - 4:00 pm (Floor A)	
Purple/Green	3:45 pm - 4:30 pm (Floor A & B)	4:15 pm - 5:00 pm (Floor A)	Beginner Weapon 3:30 - 4:00 pm Interm. Weapon 4:00 pm - 4:30 pm Adv. Weapon 4:30 pm - 5:00 pm ----- Beginner Sparring (purple) 4:00 pm -5:00 pm Interm. Sparring (green-red) 5:00 pm - 6:00 pm Advan. Sparring (brown & black) 6:00 pm - 7:00 pm	
Blue, Red & Brown	4:30 pm - 5:15 pm (Floor A)	3:30 pm - 4:15 pm (Floor A)		
MDK Team	5:15 pm - 6:30 pm (Demo/Poomsae)	5:15 pm - 7:00 pm (Olympic Sparring)		
Adult/Teens & Black Belt	6:30 pm - 8:00 pm (all level)	6:45 pm - 8:00 pm (all level)		



# AMAA Curriculum Tutorial Videos

## Traditional Form for Color Belts

TG 1	Yellow Belt	<a href="https://youtu.be/kGHcOz4o_f8">https://youtu.be/kGHcOz4o_f8</a>
TG 2	Purple	<a href="https://youtu.be/6ZHF0fv3M40">https://youtu.be/6ZHF0fv3M40</a>
TG 3	Purple +	<a href="https://youtu.be/0a4aGdkJU6U">https://youtu.be/0a4aGdkJU6U</a>
TG 4	Green	<a href="https://youtu.be/REDW7G5Mxas">https://youtu.be/REDW7G5Mxas</a>
TG 5	Blue	<a href="https://youtu.be/CQUdofFiISE">https://youtu.be/CQUdofFiISE</a>
TG 6	Red	<a href="https://youtu.be/Dp3rcmJxqPo">https://youtu.be/Dp3rcmJxqPo</a>
TG 7	Brown	<a href="https://youtu.be/V6X43-o3V0w">https://youtu.be/V6X43-o3V0w</a>
TG 8	Brown +	

## Dynamic Conditioning & Stretching w/ Chair

(for intermediate to advanced students)

<https://youtu.be/E3ZH-jLYjoQ>

## Basic Core Workout for TKD athletes

<https://youtu.be/okCYAyqkHVM>

## Beginner's Home Training with Parents (White - Yellow)

<https://youtu.be/0rACNiAnvRQ>

## Dummy Bag Kicking Drills for Taekwondo Athletes (Red & Up)

[https://youtu.be/3tW98b7\\_x2Q](https://youtu.be/3tW98b7_x2Q)

& more on the AMAA-USA channel.

<https://www.youtube.com/channel/UCM204PI3YwhY9Zrww5GI0HA>

## Traditional Form for Black Belts

Koryo (1st dan)	<a href="https://youtu.be/-fJfuu2cr5M">https://youtu.be/-fJfuu2cr5M</a>
Keung Kang (2nd dan)	<a href="https://youtu.be/laVq_OHBdU8">https://youtu.be/laVq_OHBdU8</a>
Taebaek (3rd dan)	<a href="https://youtu.be/TC9_IUuTkaY">https://youtu.be/TC9_IUuTkaY</a>
Pyong Won (4th dan)	<a href="https://youtu.be/5gzWWywlzcA">https://youtu.be/5gzWWywlzcA</a>
Ship Jin (5th dan)	<a href="https://youtu.be/j2GrvEuNljl">https://youtu.be/j2GrvEuNljl</a>
Ji Tae (6th dan)	<a href="https://youtu.be/8kJQJrGx0bl">https://youtu.be/8kJQJrGx0bl</a>

## Taekwondo Sparring Rules

<https://www.youtube.com/watch?v=8-Pl-e8WOTQ>

## AMAA on Social Media

Facebook : important announcements

<https://www.facebook.com/groups/32955431831>

Tik Tok : short training trips and fun highlights

[https://www.tiktok.com/@amaa\\_simi](https://www.tiktok.com/@amaa_simi)

& we will keep on adding more videos!